



**Product Spotlight:
Little Bites Mix**

This super versatile onion bhaji mix is handmade with love in WA by Turban Chopsticks! The mix includes chickpeas, potato and red lentils.



Coconut Pancakes
with Spiced Roast Pumpkin

Savoury coconut pancakes stacked with spiced roast pumpkin and fresh salad, topped with a cumin yoghurt drizzle.



30 minutes



4 servings



Plant-Based

14 April 2023

Add some herbs!

You can add some fresh coriander or mint to the yoghurt if you have some! Slice some spring onions or chives and stir them through the batter for extra flavour.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	7g	32g	43g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1
PURPLE CARROTS	2
CHERRY TOMATOES	1 packet (200g)
MESCLUN LEAVES	1 bag (120g)
COCONUT YOGHURT	1 tub
BHAJI MIX	1 packet
COCONUT MILK	400ml

FROM YOUR PANTRY

oil for cooking, salt, pepper, red wine vinegar, ground cumin, ground turmeric

KEY UTENSILS

large frypan, oven tray

NOTES

Make sure to not flip the pancake or it may fall apart. Cook it on one side until it sets all the way through. Reduce the heat to medium if needed.

The oil is needed in the pan to keep the pancake from sticking. You can rest the cooked pancakes on some paper towel to absorb any excess oil if needed.

This dish is best enjoyed with a knife and fork.



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1. ROAST THE PUMPKIN

Set oven to 220°C.

Dice pumpkin (2–3cm) and toss on a lined oven tray with **2 tsp turmeric, 2 tsp cumin, oil, salt and pepper**. Roast for 15–20 minutes until cooked through.



4. PREPARE THE PANCAKES

Whisk the onion bhaji mix with coconut milk and **1/2 cup water** to make a thin batter.



2. PREPARE THE FILLINGS

Julienne or grate carrots. Quarter tomatoes. Set aside with mesclun leaves.



5. COOK THE PANCAKES

Heat a frypan with **1/2 tbsp oil** over medium-high heat. Add 1/2 cup batter into pan to cook. Leave to cook on one side for 2–3 minutes until set (see notes). Slide pancake out onto plate. Repeat to make 6 pancakes.



3. PREPARE THE SAUCE

Combine coconut yoghurt with **2 tsp vinegar** and **1/4 tsp cumin**. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Assemble pancakes with fresh salad, roast pumpkin and a dollop of cumin yoghurt. Serve at the table (see notes).

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